# OUR LITTLE RECIPE BOOK

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## Volume 1

BARRY FARM
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**Hi!**
**Welcome to Barry Farm's Kitchen. We've put together this little recipe book to pass along to you some of our favorite recipes.**

**Most of these recipes are served right here on the farm to our crew at lunch. Many are made with ingredients available at the farm or on our website. They can be made with ingredients purchased elsewhere (but will they taste as good?).**

**Several recipes are quick or "machine" made ( crock-pot, bread-machine, oven & forget). We do a lot of that kind of cooking because we are always busy.**

**Some recipes are simple enough for the beginning cook and others may take a little more experience.**

**We hope you enjoy trying out our favorites.**

**Bill & Linda Barry**

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# MEAT DISHES

## GOVERNOR'S SWISS STEAK

2 TO 4 lb. Round Steak cut in serving size pieces.
1 Jar Barry Farm Governor's Sauce
1 cup water

Place steak in roasting pan. Cover with sauce and add water. Cover pan with aluminum foil. Bake at 325° F. for 1 1/2 to 2 hours. Serves 4-6.

## QUICK BEEF & NOODLES

1 Can Beef
2 cups water
1 T. Beef Base or instant broth; or 2 bouillon cubes.
1/4 t. pepper
8 oz. Fettuccini noodles broken into 1 1/2 to 2 " pieces.

Place beef, water, base and pepper in pan and heat to rolling boil. Reduce heat to simmer and add noodles. Stir. Continue cooking for 15 to 20 min. until noodles are done. Taste and adjust salt. Serves 6

## Hot Bar-B-Q Sandwiches

1 can of Beef or Pork
1/2 Jar Barry Farm B.B.Q. Sauce

Heat the meat and drain. (Use beef broth to flavor noodles, pork broth in beans). Add 1/2 jar of Bar-B-Q Sauce. Heat through. Serve on buns. Serves 6.

## Salsa Meat Loaf

1 1/2 lb. Ground beef
1 egg
1/2 to 2/3 c rolled oats
1 t. salt
1/4 t. pepper
1 jar Barry Farm Salsa Original

Mix all ingredients together to form loaf. Place in baking pan and bake 1 hour at 325° F. Serves 6-8.

## Westerns

1 lb. Ground beef
1 egg
1 cup bread crumbs (unseasoned)
1 jar of Barry Farm Salsa (Mild, Medium or Hot)
Shredded cheddar cheese (optional)

Blend together the ground beef, egg and bread crumbs. Brown in skillet. Drain meat and add Salsa. Heat through. Place on 1/2 hamburger bun. Sprinkle with shredded cheddar cheese.

## CHICKEN STIR-FRY

2 chicken breast, skinned and cut in 1/2 strips
1 carrot, peeled & sliced
1 green pepper, cut in 1/2 strips
1 med union cut in slices and rings separated
1 stalk of celery, sliced
1 c. broccoli pieces & sliced stems
2 T. oil
2 T. corn starch
2 T. tamari
1 cup water.

Place oil in skillet. Add chicken and cook til nearly done. Add veggies, in order, stirring and heating through about 5 min. Mix cornstarch with water and tamari. Pour onto chicken , bring to boil. Cover and simmer 5 min. Serve on rice

## Mexican Stew

1 can Beef
3 cups Water
1 jar Barry Farm Salsa Medium
1 medium onion , quartered
2 large potatoes, diced
4 medium carrots, sliced
1/4 lb. Fresh green beans cut in 1" pieces
1 small summer or zucchini squash, peeled & diced.

In pot combine water, meat, and salsa. Bring to a simmer. Add onions, potatoes, carrots, and beans . Cook til tender, about 20 minutes. Add squash and continue cooking about 5 more minutes. Serve with soft flour tortillas for dipping in broth. Serves 4-6.

## Stuffed Steak

1 1/2 lb round steak
3 medium onions
2 T. oil
2 c. bread crumbs
1 egg
1/2 t marjoram
1 t. sage
1 t. salt
1/4 t. pepper
1/2 t. thyme
Hot water
flour

Select 2 slices of round stead, 1/2" thick. Peel onion , pour boiling water over them and let stand 15 min. Chip finely. To onions add bread crumbs, seasonings and egg. Mix together with enough water to make moist enough to spread.

Lay steak flat and spread with thin layer of dressing. Roll up and tie securely . Roll meat in flour and sear quickly in hot skillet which has the 2 T oil. Place Steak in casserole and add 1/2 c water, cover and cook 1 hour at 400° F

# SOUPS

## Hearty Bean Soup

2 c. Bean Soup Mix
2 quarts of water
2 c. diced ham or sliced smoked sausage
2 T. salt
1 large onion chopped
1 clove garlic
1/2 t. cilantro
1/4 t. cumin
1/4 t. Barry Farm Dried Ground Chiles
1 28 oz. Can of tomatoes, crushed
1 c. lemon juice

Rinse beans and place in kettle with enough water to cover. Soak overnight. Drain ; add 2 qts. water and meat. Simmer for 2 1/2 to 3 hours. Add salt, onion, garlic, spices, chiles, tomatoes, and lemon juice. Simmer for 45 min. Makes 2 qts. (Freeze leftovers)

## Cheesy Onion Soup

1 c. thinly sliced onions
1/4 c butter
2 T. White Flour w germ.
1 c. Chicken Broth
1 c. milk
3/4 c. shredded mozzarella
1 T. parsley

In large pan, sauté onions in butter over low heat til tender and transparent, about 20-30 minutes. Blend in flour. Gradually add broth then milk; cook and stir over medium heat til bubbly. Reduce heat to low and add mozzarella stirring constantly til melted. DO NOT BOIL. Season to taste. Top with garlic croutons.

## Cream of Veggie Soup

3 T. butter
3 T. flour
4 c. water
2 T. Chicken bouillon
2 c. Chopped broccoli
3/4 c. chopped carrots
1/2 c. chopped celery
1/2 c. chopped onion
1/2 t. salt
1 garlic clove crushed
1/4 t. thyme
1 c. half n half
1 1/2 c. shredded Swiss cheese

Melt butter in heavy pan. Stir in flour til thick and bubbly. Chicken bouillon and water and blend. Add veggies and seasonings. Bring to boil. Reduce heat and simmer, covered, for 20 min til veggies tender. Gradually add half n half and cheese. Stir over medium heat til cheese is melted and soup is thickened. Serves 8

## Cheesy Ham Chowder

1 c. water
1 c. potatoes, cubed
1/4 c. sliced carrots
1/4 c. sliced celery
2 T. chopped onion
2 T. chopped green peppers
1/2 t. salt
2 T. butter
2 T. White Flour w. germ
1 c. milk
1 c. shredded cheddar cheese
1 c. corn, cooked, drained
1 c. Ham, cubed
1/4 t. white pepper

In pan combine water, raw vegetables, salt and bring to boil. Reduce heat and simmer covered for 10 min. Remove from heat and leave covered.

In medium pan, melt butter. Blend in flour. Add milk and cook and stir til thickened. Add cheese and stir til melted. Stir into undrained vegetables. Add corn, ham, and white pepper. Heat through on low stirring occasionally. Serves 4

## Spicy Lentil Soup

1/2 lb. sausage
1/2 c. diced onion
1/3 c. barley
3 cloves garlic
3 quarts water
2 T. chicken bouillon
1 c. lentils
1/2 c. parsley
1/2 c. garbanzo beans
1 package frozen broccoli
1 jar Barry Farm Salsa, mild or medium

Brown sausage, onion, barley & garlic together in large skillet. Drain and discard fat. Place sausage mix in crockpot. Add water, bouillon, lentils, parsley, and garbanzos. Simmer as long as you desire or til lentils and garbanzos are tender. Add remaining ingredients and heat through. Serve with hot biscuits. Serves 10.

## Golden Grain Soup

1 T. Oil
1/2 c. diced onion
1/2 c. diced celery
1/2 c. Kamut
1/2 c. diced carrots
1/2 c. cooked , diced chicken
2 T. Chicken bouillon
6 c. water
1/4 c. parsley
1 t. salt
1/2 t. pepper

Saute' onion, celery, and Kamut in oil until onion is transparent and Kamut is slightly browned. Combine all ingredient in crockpot and cook on low for 8-10 hours. Taste and adjust seasoning.

## Easy Vegetable Soup

In the morning, in your crockpot, place 1/4 c broth powder (beef, chicken, or vegetable). Add any leftover vegetables, cooked meat, and raw veggies like celery, carrots, etc until pot is 1/3 full. And 1/2 c pearled barley. Add enough water to fill pot. Turn crockpot on and leave. Soup will be ready for supper. You might even sneak out a little at lunch.

# GRAIN & BEAN DISHES

## Red Beans & Rice

1 c. cooked red beans, drained
1 c. cooked long grain brown rice
1/2 jar Barry Farm Medium Salsa

Combine all ingredients and heat through.

## Broccoli & Rice Casserole

1 T. butter
1 1/2 T flour
1 c. milk
1 c. grated cheddar cheese
1 t. salt
2 cup chopped fresh broccoli
1 1/2 c. cooked wild rice

Melt butter in pan. Stir in flour ( this makes a rue; I use a whisk and it prevents lumping). Gradually add milk , stirring in constantly until it begins to simmer. (White sauce basics) Add shredded cheese to the hot white sauce (basic cheese sauce recipe).

Combine all ingredients in casserole and bake at 350° F. for 45 min.

## Fried Rice :

Melt 1 T. butter in a skillet. Add 1 cup cooked rice, 1/4 c. cooked diced carrots, 1/4 c. cooked peas. Stir til heated through and golden.

## Creole Rice Cakes

4 slices of bacon
3 T chopped onion
3 T chopped green pepper
1 c. cooked rice
1/2 c flour
1 t. baking powder
1 t. salt
1/2 t. pepper
1 c. canned tomatoes
2 beaten eggs

Fry bacon crisp leaving fat in pan. Chop bacon and combine with all other ingredients in order given to make batter. Fry in bacon fat like small pancakes. Serves 4.

## Barley Rice Pilaf

1 Tablespoon butter
1/2 c. chopped onion
2 cloves garlic minced
1/2 c barley
1/2 c. long grain brown rice
2 T. beef or chicken bouillon
3 c. boiling water
1 T. parsley
1 t. marjoram

Melt butter in medium skillet. Add onions, garlic, barley and rice. Stirring constantly, saute til onions are translucent and rice and barley are slightly browned.

Combine all ingredients and pour into crockpot and cook on low setting for 8-10 hours or until liquid is absorbed.

## Millet Stuffed Peppers

2 c. cooked millet
4 Green peppers, halved, cored & seeded
1/2 c onion minced
1/2 lb ground beef
2 T. parsley
1 t. marjoram
1/2 c. mozzarella cheese, grated

Steam peppers 5 min. Saute onions and beef. Combine with millet & seasonings. Fill peppers and top with cheese. Bake 350° 20 min.

## Spelt salad

2 c cooked Spelt corn
1 c chopped green peppers
1 c chopped onion
1 c sliced carrots
1/4 c. diced cucumbers
1 1/4 c chopped broccoli
1 1/4 c chopped cauliflower
1 c chopped tomato
2 c Italian dressing
Lettuce leaves

Combine all ingredients except lettuce and toss. Serve on crisp lettuce leaves

## Spanish Sorghum

1 cup sorghum
4 c water
1/2 t salt
1 c cooked tomatoes
1 t basil
1/2 t marjoram
1/4 t cumin

Combine first four ingredients in pan. Bring to boil, cover and cook over low heat for about one hour or until tender and water is absorbed. Add tomatoes and spices. Mix thoroughly and heat through

## WHOLE WHEAT CASSEROLE

4 c tomato juice
1 c whole wheat berries
1 c chopped onion
2 garlic cloves minced
1 lb ground beef
1 1/2 c chopped green peppers
1 c corn cooked
1 1/2 t salt
1 T sweet basil
1 c grated cheddar cheese

Bring tomato juice to boil. Add wheat berries, cover and simmer 1 hour. In the meantime sauté ground beef, onion, garlic and green peppers until meat is brown and veggies tender. When wheat is cooked combine all ingredients except cheese in a casserole. Cover with cheese and bake at 350 uncovered for about 45 min

## HOW DO I COOK GRAINS & RICE?

Rinse raw grain in cold water and drain. Using the formula below, bring the liquid to a boil. Add grain & stir. Bring liquid back to boil, then cover and reduce heat to lowest setting possible. Cook until soft.

Liquid may be water, meat or veggie broth, juice or milk. The more flavorful the liquid, the more flavorful the grain.

| Grain | Amount | Liquid | Cook time | Yield |
|---|---|---|---|---|
| Amaranth | 1 cup | 3 cups | 25-30 min | 2 1/2 cups |
| Barley | 1 cup | 4 cups | 30-40 min | 4 cups |
| Buckwheat | 1 cup | 2-3 cups | 20 min | 3 cups |
| Bulgur | 1 cup | 2 cups | 15 min | 2 1/2 cups |
| Cornmeal | 1 cup | 4-5 cups | 30-40 min | 4-5 cups |
| Kamut | 1 cup | 3-4 cups | 1 hour | 2 1/2 cups |
| Millet | 1 cup | 4 cups | 25-30 min | 4 cups |
| Oats | 1 cup | 3 cups | 30-40 min | 3 1/2 cups |
| Oatmeal | 1 cup | 2 cups | 10 min | 4 cups |
| Rice | 1 cup | 2-2 1/2 cups | 35-40 min | 2 1/2 cups |
| Rye | 1 cup | 4 cups | 1 hour | 3 1/2 cups |
| Triticale | 1 cup | 4 cups | 1 hour | 3 1/2 cups |
| Wheat Berries | 1 cup | 3-4 cups | 1 hour | 4 cups |
| Cracked Wheat | 1 cup | 2 cups | 25 min | 3 cups |
| Wild Rice | 1 cup | 4 cups | 40 min | 3 1/2 cups |

With buckwheat, add raw egg to dry grain. Stir in liquid (2 c for side dish, 3 cups for cereal).

# VEGGIE DISHES

## Orange Carrots

1 can of sliced carrots drained
1/2 cup orange juice
2 or 3 T chopped walnuts

Mix brown sugar and orange juice together and heat thoroughly. Place in serving bowl and sprinkle with chopped walnuts. Serve hot.

## Fried Summer Veggies

3 T Olive oil
3 cup sliced fresh veggies (use the food processor to slice)
USE ANY ALL OF TO USE
summer squash
zucchini
kohlrabi
onions
green and banana peppers
turnips
eggplant (small Ichiban variety)
Salt & Pepper to taste

In a large skillet place all ingredients and cook over medium heat till tender and beginning to brown about 10 min. Season and serve hot.

## Fancy Green Beans:

Place a can of green beans in a saucepan. Add some bacon seasoning. Place in serving dish and sprinkle with slivered almonds.

## Zucchini Pancakes

2 cups coarsely grated zucchini (use a food processor)
1/2 c. grated onion
1 c. grated mozzarella cheese
1/2 c. whole wheat (or white) flour
1/4 t. Pepper
1/2 t. salt
2 eggs

Mix all ingredients together until well blended. Spoon batter onto hot, oiled griddle or skillet and cook until cakes are browned on both sides. 5-10 minutes.

You can substitute SQUASH, RADISH, TURNIPS OR RUTABAGAS for the Zucchini

## Spaghetti Squash Special

1 large spaghetti squash
1 lb mozzarella cheese, grated
1 jar Sutter's Spaghetti Sauce
1/2 c. Parmesan Cheese

Place whole squash in large pan with enough water to cover. Bring to boil, reduce heat and simmer, covered 40 min. Squash is tender. Remove from water and let cool enough to handle.

Meanwhile preheat oven to 350° F

Cut squash in half and remove seeds. With fork, scrape pulp in shell and out onto the spaghetti. Arrange in layers in buttered casserole with mozzarella and spaghetti sauce (like lasagna), sprinkle with Parmesan and bake 30 min. Serve hot.

## Savory Mashed Potatoes

6 (or) drained boiled potatoes, add 2 c. sour cream, 3 cloves and mash.

## Scalloped Sweet Potatoes & Pineapple

6 med Sweet Potatoes, cooked
6 small s u  pineapple cut into small bites
3/4 c pineapple juice
1/2 c brown sugar
1/4 c butter

Slice sweet potatoes. Arrange alternate layers of sweet potatoes and pineapple in a pie baking dish so there are 3 + layers. Heat juice, sugar and butter together  min. Pour over potatoes and pineapple. Bake  min. Serves 8

## FRIED GREEN TOMATOES

Wash and slice firm tomatoes, discarding blossom and stem ends. Mix together  c flour,  t salt and  t pepper. Heat  cup oil in heavy skillet. Dip both sides of tomato in flour. Fry tomatoes in  batches, browning. They cook quickly, turn and brown other side.

## FRIED OKRA TOMATOES

6 Medium okra, peeled & sliced
3/4 t salt
1 c butter
1 T flour
1/4 tsp prepared mustard
 c milk
1/4 c sharp cheese, grated

In a buttered casserole layer okra. Sprinkle with salt. In a saucepan melt butter and add flour. When butter dissolved, gradually stir in milk, making a white sauce. Heat to simmer. Add mustard and cheese. Pour over okra. Bake in oven  min. Serve hot.

# BREADS & ROLLS

## Bill's Raisin Bread (For Bread Machine)

| Makes 2 lb loaf | Makes 1½ lb loaf |
|---|---|
| 2 c water | 1 1/8 c water |
| 3 4 c White Flour w/ germ | 1 3/4 c White Flour w/ germ |
| 2 c Whole Wheat Flour | 1 1/2 c Whole Wheat Flour |
| 3 T Cane Juice Crystals | 2 T Cane Juice Crystals |
| 2 T Dry Milk Powder | 1 T Dry Milk Powder |
| 1 1/2 t salt | 1 t salt |
| 2 T Butter | 1 1/2 T butter |
| 1 t. cinnamon | 1/2 t. cinnamon |
| 1 t Active Dry Yeast | 1 t Active Dry Yeast |

About 25 minutes into the first kneading cycle add

| | |
|---|---|
| 1 c raisins | 3/4 c raisins |

Bake according to your machine

## QUICK GARLIC TOAST

Mix 1 T butter and 1/4 t garlic powder for each slice of bread. Brush both sides of bread and place under broiler until golden. Turn and brown second side.

## Bran Bread

2 c. whole [illegible]
[illegible] c. whole wheat flour
1/3 c. sugar
1T molasses
1 t. salt
2 c. sour milk or 2 c. fresh milk + 1 T. lemon juice
1 t. soda
1/2 c. raisins
2 c. nuts, chopped

Dissolve yeast in sour milk. Combine all ingredients. Pour into greased pan and let stand 2 hour. Bake at 425° F. 45 min.

## Bran Gems

1 c. whole wheat flour
1 2 c. [illegible]
1 2 c. bran
4 T sugar
1/2 t. salt
t. soda
c. molasses
c. sour milk, fresh milk 1 T lemon juice)
1 egg
T oil

Mix all ingredients together and beat 2 min. Fill greased muffin pans and bake at 25 30 min.

## Graham Muffins

4 c. sugar
T shortening
egg
1 c graham flour
c. whole wheat flour
2 t. baking powder
1 c milk

Cream sugar and shortening. Beat egg and add to milk. Stir together dry ingredients, combine all. Fill greased muffin tins 2 3 full. Bake 425° F 20-25 min.

## Potato Flour Muffins

1 cup
4 [illegible] butter
[illegible] melted or oil
1/4 t salt
1 sugar
1 1/2 c potato flour
baking powder

Separate eggs and beat yolks [illegible] very light. Beat whites [illegible] stiff. Mix flours and dry ingredients. Beat egg whites into egg yolks and add remaining ingredients being careful not to overmix. Bake at 325° F 35 minutes

## Hot Cross Buns

4 c flour
1/3 t salt
2 [illegible] cinnamon
2/3 c currants & raisins mixed
[illegible] shortening
1/3 c sugar
1/2 yeast cake
1/4 c lukewarm water
1 c milk
1 egg slightly beaten

Sift flour, baking powder and salt. Scald milk with shortening and sugar. Cool to lukewarm. Soften yeast in water and add to milk with egg. Pour into hollow of dry ingredients. Mix to dough. Knead and let rise in warm place. Cut side into portions, roll and work lightly with spoon til smooth. Flatten slightly with rolling pin and place on greased baking sheet. Make a cross on top using knife handle dipped in flour. Bake at 375 F 15-20 min. When nearly done brush with milk or egg white and sprinkle with sugar. Makes 2 dozen buns

## EASY BREAD CRUMBS:

Place leftover bread on cookie sheet and place in oven at low temp. Leave [illegible] to dry in 5 min. Should be dried. Break dried bread into pieces and drop in blender. Chop til crumbs

## Whole Wheat Biscuits

2 c whole wheat flour
2 t salt
4 t baking powder
2 T shortening
1 c milk

Blend together dry ingredients. Cut in shortening. Add milk and mix to soft dough. Roll out on floured surface and cut like biscuits. Bake 450° F 15 min. Makes 1 dozen biscuits.

May substitute graham or Rye flour for whole wheat.

## RAISIN BRAN BREADS

2 t. soda
1 t. salt
1 c molasses
2 c flour
2 c raisin bran
2 c milk

Soak raisin bran in milk for a few min. Add remaining ingredients and mix together. Pour into greased bread pan. Bake 1 hour 350°

## POPOVERS

1 Cup flour
1/2 t. salt
2-3 eggs
1 c milk
1 T melted butter

Combine all ingredients and beat until smooth, about 1 min. Pour into well-greased preheated pans 1/3 full. Place in 450° F oven for 15 min. Reduce to 350° F and continue baking for 20-25 min.

Recipe yields approx. 12 popovers.

If you like sweeter popovers, add 2 T sugar to recipe.

# DOUGHNUTS FRITTERS & MORE

## BREAD FRITTERS

4 c. Milk
2 C. fine bread crumbs
3 eggs separated
1 nutmeg
1 t. butter, melted
1 2 t. salt
1/2 t. soda

Heat milk to boil. Remove from heat and add bread crumbs. Soak 10 minutes. In the meantime separate eggs and add yolks to blended and whites til stiff

Beat the milk bread mix to a smooth paste. Stir in the whipped yolks butter, nutmeg, salt and soda. Fold in egg whites. Drop by tablespoonfuls into hot grease and fry to golden

## SHAKER RAISED DOUGHNUTS

3 med potatoes
1 package yeast
sp salt
2 flour

Peel and boil potatoes. Drain saving water and mash. While potatoes are warm add flour. Dissolve yeast in potato water and add salt to mashed potatoes. Work in flour to make warm and enough flour to knead. Cover and let raise overnight

In morning: Punch down and roll on floured board to 1/2" thick. Cut into pieces 3 x 3. Let raise on board for 10 m

Fry a few at a time in deep fat at 360-370° F. Makes 4 doz

Serve warm with maple syrup

# PANCAKES & WAFFLES

## RICE GRIDDLE CAKES

1 c Cooked Rice
4 c milk
4 egg separated
2 c. rice flour
1 t baking soda
2 t cream of tartar
1/2 t salt

Combine rice milk egg yolks and flour to a stiff dough. Beat egg whites to a stiff. Stir in soda cream of tartar and salt. Add to egg white mix into batter. Fry on lightly oiled griddle golden on both sides.

Spread each with butter and jam or preserves. Roll up cut into and sprinkle with confectioners sugar.

## BUCKWHEAT GRIDDLE CAKES.

3 4 C buckwheat flour
1 unbleached flour
1/2 t salt
3 1/2 t baking powder
2 T sugar
egg beaten
melted butter
1 1/4 c milk
molasses

Mix flours salt baking powder salt and sugar. Combine egg milk butter and molasses. Add to dry mixture. Stir gently just mixed.

Heat lightly oiled griddle over medium heat. Pour batter from spoon. Bake 3 minutes each side. Turn when cakes are bubbly on top and dry around edges.

# COOKIES

## Carob Brownies

2 c Melted butter
1 c Cane Juice Crystals
1 t. Vanilla
2 Eggs
6 T Carob Powder
2 T Water
3/4 c. White Flour w germ
1/2 c. Chopped Walnuts

Melt butter. Mix all ingredients together by hand; do not use a mixer. Pour into greased 8x8x2 pan. Bake at [illegible] 40 min until. Cut and coo

## Sorghum Bars

1/2 c butter
[illegible] Juice Crystals
1 egg
1/2 c sorghum
1/2 c coffee leftover
1 1/2 c White flour w germ
[illegible] 2 t baking powder
1/4 t. soda
1/2 t. salt
1 t ground cinnamon
1/2 t. ground cloves

Cream sugar & butter add remaining wet ingredients. Mix with dry ingredients. Pour in greased 8x8x2 pan

Bake at 350° [illegible] 25 to minutes. When still barely warm frost with a chocolate confectioners sugar icing. Cool & cut. Makes [illegible] squares

## Jam Thumbprint Cookies

1/4 c. butter
1/2 c. Cane Juice Crystals
2 eggs, separated
1 t. vanilla
1/4 t. salt
1 3/4 c. White Flour w. germ
1/4 c. finely chopped black walnuts

cream together butter and sugar; add 2 egg yolks, vanilla and salt. Add flour and stir well. Shape into balls, dip in 2 slightly beaten egg whites then roll in walnuts. Place on greased cookie sheet and press your thumb in middle of each. Bake at 350 F for 15 min.

Cool slightly, then remove to rack to cool. Place 1/2 of your favorite jam in center of each cookie.
Makes about 3 doz.

## Mincemeat Cookies (No-meat)

1/2 c. shortening
1 c. brown sugar
2 c. Cane Juice crystals
2 eggs
2 t. vanilla
1 c. Barry's Corn Tomato Mincemeat Pie Filling
4 c. White flour w. germ
1 t. soda
1 t. salt
1/4 c. milk

Cream together shortening and sugar. Add eggs & vanilla. Mix dry ingredients together. Stir into sugar mix alternately with milk. Add Pie Filling and mix thoroughly. Drop by spoonfuls onto greased cookie sheet. Bake at 350 F for 12-15 min. Cool.

## Cream of Wheat Squares

| | |
|---|---|
| [illegible] cream of wheat | [illegible] vanilla |
| [illegible] sugar | 4 T butter |
| 2 flour | 1 [illegible] milk |

Sift dry ingredients together. Melt butter and add to dry. Let stand 6 hrs or overnight. Stir in milk to make soft dough. Pat half in large square pan. Add filling and top with remaining dough. Score the square without removing. Bake at 400° [illegible] minutes. Cool and remove from pan. Wrap in wax paper and put in cookie tin.

Filling: 1 lb dried apricots soaked overnight. Drain and steam until tender. Puree in blender. Add ½ c sugar, 2 T lemon juice and cook until thick. Stir in pecans. Cool and spread on cookies.

## RASPBERRY SQUARES

Dough

| | |
|---|---|
| 1 egg | 2 c butter |
| [illegible] sugar | 1 [illegible] milk |
| 1 t. baking powder | 8 T Raspberry Jam |

Topping

| | |
|---|---|
| 1 egg | 2 c. coconut |
| 4 T melted butter | 1 t. vanilla |
| [illegible] sugar | chopped nuts |

Dough: Beat egg. Mix flour and baking powder then cut in butter as for pastry. Stir in egg, milk and mix well. Spread ½ dough on bottom of greased 8" square pan. Cover with layer of raspberry jam.

Topping: Melt butter. Beat egg and stir in sugar. Add butter, coconut and vanilla. Spread on top cookie. Bake 40 min at 350° F. Cool and cut into squares.

# PIES

## Vegetarian Mincemeat Pie.

2 9" pie crusts
1 jar (1 lb) Farm Crest vegetarian Mincemeat Pie Filling

Line 9" pie plate with first crust. Pour filling into crust and spread evenly. Moisten pastry edge. Place second crust on top. Crimp edges and cut slits in crust. Cover edge with strip of foil. Bake at 325° F for 1 hour.

## H. TTERNUT SQUASH PIE.

1 unbaked 9" pie crust
1 ½ c cooked, peeled and mashed butternut squash
1 c. evaporated goat milk
1 c sugar
½ t salt
1 cinnamon
½ t nutmeg
1 t. vanilla

Blend together all ingredients except crust. Pour into crust and bake at 400° F for 15 min. Reduce heat and bake at 350° F for 40 or 45 more. Serve with whipped cream.

## APPLESAUCE PIE

3 eggs
1 1/2 c applesauce
1/2 c sugar
½ t each of cinnamon and nutmeg
1/3 t salt
1 1/2 c milk

Combine all ingredients. Pour into unbaked 9" pie shell. Bake at 450° F for 10 min. Reduce heat and bake at 350° for 35 min or until knife inserted in center comes out clean.

# CAKES

## Rice Cake

cup butter
cup sugar
2 1/4 cup rice flour
6 eggs separated
juice & rind of lemon

Cream sugar and butter together. Add yolks one at a time, beating thoroughly between. Add flour and lemon juice. Beat whites until stiff and fold into batter. Pour in shallow pan that has been greased and floured. Bake at 325°F 35-45 min.

## Raisin Water Cake

1 c raisin + 2 c water boiled down to 1c
2 T butter
1 c sugar
1 Bl salt
1 egg
1 t each cloves cinnamon and nutmeg
1 t vanilla
1 1/2 c flour
1 t soda
c each citron, candied cherries nuts and pineapple

Cream butter, sugar and egg together. Add to raisin water. Sift dry ingredients together and add to mix. Add flour and nuts. Pour into loaf pan and bake 60 - 1 1/2 hours. Makes 2 small loaves.

## Jam Cake

2 c brown sugar
1/2 c butter
3 eggs separated
1 c blackberry jam
1 c nut
2-3 c raisins
3 c plain flour
1 t salt
4 t baking powder
1 t cinnamon
1 t nutmeg
2/3 c milk

Cream shortening. Add sugar and cream together. Add egg yolks and jam. Combine dry ingredients and add to mixture alternately with milk. Beat egg whites until stiff and fold into mixture. Bake in loaf pan at 350° F 50-60 min

Frost with 2 egg whites, 1/8 t salt, 4 t granulated sugar, 1 t cream of tartar and 3 T cold water. Mix all ingredients and cook over boiling water until thick. Pour over slightly beaten egg whites, beating until thick enough to spread.

## Cherry Nut Angel Cake

1/4 t salt
1 t cream of tartar
1 c sugar
1 c flour
1 1/2 c egg whites
1 t chopped maraschino nuts
1 t almond flavoring
1 1/4 c chopped maraschino cherries
red food coloring

Add salt to egg whites and beat to frothy. Add cream of tartar and beat whites stand in peak. Add sugar and beat to meringue forms. Add flavoring and gradually fold in flour. Take 1 cup batter in ungreased angel food cake pan. Sprinkle with chopped nuts. To remaining batter in bowl add cherries and enough red food coloring to make a delicate pink. Add this over above nuts and then add remaining batter. Bake 1 hour at 350°

# Desserts

## Ground Rice Pudding

4 c milk
1 c rice flour
2 T sugar
3 eggs, slightly beaten
1 t nutmeg
1/2 t salt

Bring 3 c milk to boil with nutmeg and sugar. Add the other 1 c milk to the rice flour and beat until a thin batter. Add eggs. Add the hot mixture, stirring constantly. Pour into an oiled baking dish and bake at 325 F for 70 minutes. Serve with apricot preserves marmalade or any jam

## Easy Cherry Cobbler

1 jar Barry Farm Cherry Pie Filling
2 c Wheat free baking mix
1/3 c Cane juice Crystals
2/3 c milk

Butter a 9x9 casserole. Pour in pie filling and spread evenly in casserole. In separate bowl mix remaining ingredients. Spoon over pie filling and bake at 350 F for 45 min or until top is golden

## BAKED BANANAS

6 Bananas
1/2 c butter
juice and grated peel of 1 orange
Juice of 1/2 lemon

Peel bananas and place in baking dish. Pour melted butter, juice and peel. Bake at 325 for 30 min. Serve hot

## Amaranth Pudding

1 egg
1/2 c milk
1/4 c. honey
1/2 t. vanilla extract
1/2 t. cinnamon
1/4 t. nutmeg
1 c. Cooked amaranth

Butter 4-6 custard cups. In large bowl, beat egg. Add milk and honey and mix thoroughly. Add remaining ingredients and blend thoroughly.

Pour into custard cups to 2/3 full. Set cups into baking pan containing 1 " boiling water. Bake 1 hour at 350° F. or til custard is firm. Serve warm or cold.

## SNOWFALL

2 1/4 c. cooked rice
1 1/2 c milk
1 1/2 c pineapple juice
1 t vanilla
1 c sugar
1 1/2 c. coconut

Mix well. Pour into baking dish and bake 325° F 35 min. Serve with whipped cream.

## PEAR CRISP

4 CUPS pear slices
1 t. ginger
1/2 c butter
1/2 c brown sugar
3/4 c. flour

Arrange pear slices in butter baking dish. Sprinkle with ginger. Cut butter into sugar and flour til crumbly. Sprinkle over ingredients and bake at 375° F for 30-40 min. Serve hot or cold with ice cream or milk.

# Snacks

## Chocolate Popcorn

2 quarts freshly popped popcorn
1 c. sugar
1/2 cup milk
2 T grated chocolate
2 T. butter
1 t. vanilla

To keep popcorn hot, place in warm oven.

Melt butter and combine all ingredients. Bring to boil and continue cooking until temperature reaches
265° F on candy thermometer.

Pour over hot popcorn, stirring it til thoroughly covered. Cool and eat.

## Carrot Balls

1 c. boiled and mashed carrots
1/2 c sugar
1/2 c. chopped pecans
1/2 grated coconut
1 c zwieback crumbs

Combine first 4 ingredients. Form into small balls and roll in zwieback crumbs.

## Popped Amaranth

In skillet place 1 T. oil and 1/2 c. amaranth. Heat, stirring until popped. Then mix with 1/2 c. honey and form balls.